

Gymnastics


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<p>Post a Throwback gym photo</p>	<p>15 Situps & 15 pushups</p>	<p>Hold each position for 20 sec Straddle, pike, tuck, butterfly</p>	<p>10 minutes of stretching</p>	<p>25 jumping jacks</p>
<p>Hold your longest handstand</p>	<p>Teach a family member a cartwheel</p>	<p>Show us your flexibility</p>	<p>Hollow Body Hold for 20 sec</p>	<p>Draw & color your dream leotard</p>
<p>Create your own routine</p>	<p>Hold a bridge for 30 seconds</p>		<p>Share a video of your favorite gymnast</p>	<p>Wall sit for 1 minute</p>
<p>Hold your splits for 20 seconds each side</p>	<p>Show us your Capital Gymnastics spirit</p>	<p>10 kicks on each leg (forward, side, rear)</p>	<p>Take a walk with your family</p>	<p>Show us your ninja moves</p>
<p>Family Yoga</p>	<p>20 donkey kicks</p>	<p>Plank with a friend over facetime for 1 minute</p>	<p>Draw a gymnastics picture</p>	<p>Shout out to your coach (Be creative!)</p>